

Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188
Open 8:00 am to 4:30 pm
Monday through Friday

Local: 262-548-7848

Toll Free: 866-677-2372

Fax: 262-896-8273

TTY: 7-1-1

Website:

[www.waukeshacounty.gov/
adrc](http://www.waukeshacounty.gov/adrc)

**After hours call
IMPACT 2-1-1
211, or toll free
1-866-211-3380**

Our Mission

To provide older adults and people with physical or developmental/intellectual disabilities the resources needed to live with dignity and security and to achieve maximum independence and quality of life. The goal of the Aging and Disability Resource Center is to empower individuals to make informed choices and to streamline access to the right and appropriate services and supports.

Inside this Issue:

- ◆ Summer Fun Activities in Milwaukee
- ◆ USPS New Stamps
- ◆ Farmer's Market Vouchers
- ◆ Hearing Loss
- ◆ Heat Emergencies and Cooling Centers
- ◆ Special Olympics 50 years

July 2018

The ADRC Connection

Independence Day



Two-hundred forty two years ago, on July 4th 1776 the founders of this nation, the Continental Congress signed the Declaration of Independence. By signing the proclamation the Thirteen Colonies formed a new nation and were no longer under the rule of the British Empire.

A little known fact is the Continental Congress actually voted to break away from the British Empire on July 2, 1776 but did not sign the Declaration of Independence until July 4th.

One of the Founding Fathers, John Adams wrote this letter to his wife Abigail. "The second day of July 2, 1776, will be the most memorable epoch in the history of America. I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival. It ought to be solemnized with pomp and parade, with shows, games, sports, bells, bonfires, and illuminations, from one end of this continent to the other, from this time forward forever more."

While he was close in what he wrote about Independence Day, he too did not expect that the national holiday would be recognized on the Fourth of July. However, from the onset of this new nation the Fourth of July was recognized as the birth of our great country.

What John Adams did recognize is, even today, this holiday is one of the most celebrated in this country. Families and friends gather together for picnics, BBQ's, parades, fireworks and festivals from sea to shining sea, just as he predicted in his letter to his wife.

We also need to remember on this holiday, all of those who have and will continue to protect our great nation. Those in the military that keep us safe and afford each of us the freedoms we may not think about on a day to day basis. This Independence Day, whether you celebrate on the second of July as John Adams chose to do the rest of his life, or the Fourth of July as most of us do, we hope you make it safe and fun. Also take a moment to remember those who gave and give their all in every branch of service which keep us a free nation.

Wikipedia.com, History.com

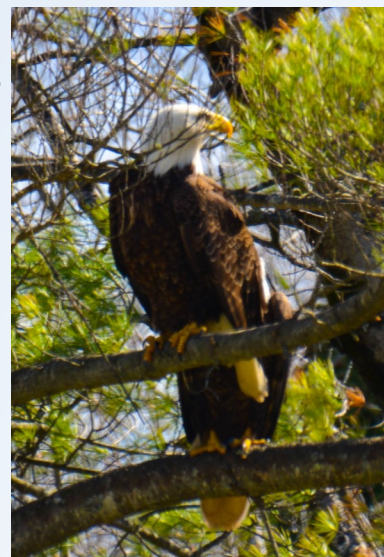


Photo of an bald eagle taken by a staff member at the ADRC

Summer Fun in Milwaukee

2018 Direct Supply Sponsors Senior Fest Day at Summerfest

Tuesday, July 3, all patrons 60 and older will enjoy FREE admission between noon and 4:00 pm, as well as a voucher for \$2 off a \$10 food and non-alcoholic beverage purchase.

Summerfest offers something for all tastes – big band, world music, performances from past Milwaukee Golden Idol winners and demonstrations from athletes, magicians, and jugglers. Spend a day of fun in the sun with your residents!

Direct Supply is also offering a limited number of FREE companion/caregiver tickets. Request your free ticket by registering below while supplies last.

Please contact Mandy Clarke with any questions at MClarke@Directs.com or 414-358-7248.

The Best Activities at Wisconsin State Fair for Caregivers and Care Receivers

by **Wendy Chossek, CTRS**, Life Style Consultant, Laureate Group—Oak Hill Terrace, The Arboretum and Wilkinson Woods

The Wisconsin State Fair is a time-honored tradition for many families and can be one of the best summer events for seniors and their caregivers. You don't have to miss out just because of physical limitations or caregiver responsibilities. Many of the fair activities are very accessible and inexpensive.

Once you are inside the gate, so much free entertainment awaits that you may need to plan to come again another day to take it all in. There are more than 30 free stages of entertainment featuring regional and local bands, as well as other great entertainment every day. Take a seat and get to know a new group of friends.

First, accessibility

If the person you care for has mobility issues, that is not a reason to skip the fair. There is plenty of accessible parking, wheelchair accessible restrooms and both wheelchairs (\$25/day) and scooters (\$55/day) are available for rent. Electric scooters may be reserved online at vistamobility.net or by phone at 877.588.4782 ext. 2 (a processing fee will apply).



Entrance deals

There are numerous ways to get a discount on tickets to the fair. It is worth checking out the fair's website (<http://wistatefair.com/fair/admission-deals/>). Opening day, Aug. 4 get into the fair for just \$2 when you donate at least **two non-perishable food items** to the Hunger Task Force or make a cash donation outside any fair admission entrance (Before 4 pm). The last day Aug. 14th is Veterans and Military Recognition Day. Up until 4 pm, veterans, military personnel and up to three family members will receive free admission to the fair with proper ID.

Come for the entertainment or food?

If food is your main reason to attend the fair, you might find the Food Finder (<http://wistatefair.com/fair/food-search/>) on the website an ideal tool. You can put in key words like bacon and chocolate and voila! Up comes Chocolate Covered Bacon on a Stick and exactly where to find it!

Of course you will find all of your old favorites like corn on the cob, cheese curds and cream puffs. Or just take a look at what crazy concoctions are new this year.

There is truly something for everyone at the Wisconsin State Fair. With racing pigs, shopping, every kind of music, and the agriculture exhibits, a whole day can be spent at the grounds making new memories with family and friends. No matter your age, it's fun for everyone!

BOOK OF THE MONTH

Learning from Hannah: Secrets for a Life Worth Living

By: Dr. William H. Thomas



Inspired by events in Dr. Thomas's own life, *Learning from Hannah* tells of a place where the wisdom of the elders has built a life worth living for all.

In the story, Bill & Jude, a hard-working professional couple, plan a long overdue vacation. When their rented sailboat capsizes in a storm, they are violently wrenched from the life they have known. They narrowly escape death and awaken in a land called Kallimos where they come to trust an old woman, Hannah, who is in charge of their care. From her, they learn the wisdom of Kallimos, and in time, they accept their new life. Acceptance turns to love, and when they are rescued from Kallimos and return home, Bill tries to bring the wisdom of Kallimos into his work, only to learn that it won't be as easy as he thought.

Through reading his book Dr. Thomas hopes elders, and those who care for them, will come to see the later stages of life as an exciting opportunity to learn something new and embrace the world as it comes.

Visit the Resource Library at the ADRC today to checkout your copy!

*Resources from the ADRC library cannot be purchased. They are for checkout only.

See what's happening in your local library...



<p>Alice Baker Public Library 820 E. Main St. Eagle, WI 53119 (262) 594-2800. Route 66-America's Main Street Tuesday, July 17 at 6:00 pm http://www.alicebaker.lib.wi.us</p>	<p>Brookfield Public Library. 1900 N. Calhoun Rd. Brookfield, WI 53005 (262) 782-4140. Introduction to the Internet I Thursday, July 19 at 7:00 pm Registration is Required http://www.ci.brookfield.wi.us/38/Library</p>	<p>Elm Grove Public Library. 13600 Juneau Blvd. Elm Grove WI 53122 (262) 782-6700. Author Thousand -Miller : Adventure Hiking the Ice Age Trail Tuesday, July 24 at 7:00 pm http://elmgrovelibrary.org</p>
<p>Pewaukee Public Library 210 Main St. Pewaukee, WI 53072 (262) 691-5670. Les Paul: Wizard of Waukesha Tuesday, July 24 at 6:00 pm Registration is required. http://www.pewaukeeelibrary.org</p>		<p>Pauline Haass Public Library N64 W23820 Main St. Sussex, WI 53089 (262)-246-5180. Make It, T-Shirt Tote, bring your own T-shirt Sunday, July 8 9:30-1:00 http://www.phplonline.org/</p>

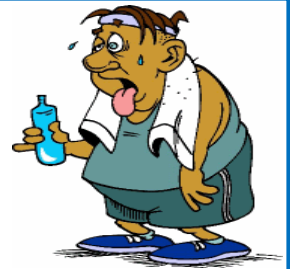
Want to learn more about Medicare? Plan on attending a Medicare Presentation on August 13 from 10:00- 11:00 at the Waukesha Public Library.



Heat Related Illness and Actions

Fun in the sun ... Lazy, Hazy days of SUMMER!

Warm temperatures and sunshine filled days have appeared once again. With that comes more activities outdoors, and often, some of the following issues.



Heat Related Illness

Heat emergencies are health crises caused by exposure to hot weather and sun. Heat emergencies can escalate rapidly and have three stages: heat cramps, heat exhaustion, and heatstroke. All three stages of heat emergencies are serious. These occur due to the body's inability to regulate the internal body temperature. Those most at risk are children, elderly, individuals with heart/circulatory conditions, and alcohol/drug users. And don't forget about your pets!

If the day is hot or you are spending extended periods of time in the heat for work or play, you should know how to spot the symptoms of a heat related illness or emergency. If possible, avoid the hottest part of the day between 11am and 3pm. Even hot temperatures in your home can be a serious concern and can lead to heat-related illness.

What Are the Signs and Symptoms of Heat Related Illness and Emergencies?

- **Heat Cramps** Heat cramps are the first stage of heat emergency. They can happen when you've been physically active in the heat, but they can also occur in other situations when overheated. These can occur more frequently in the elderly or small children, overweight individuals, or people who have been drinking alcohol. Muscle pain, tightness, cramping in the limbs can occur suddenly.
- **Heat Exhaustion** Symptoms of heat exhaustion can mimic flu-like symptoms, they include: fatigue, aches, muscle cramps, dizziness, mild confusion, fast heart rate or breathing, headache, irritability, extreme thirst, nausea or vomiting, pale skin, sweating and fainting.
- **Heatstroke** With heatstroke, all the symptoms of heat exhaustion may be present, plus: body temperature over 104F, irrational behavior or hallucinations, rapid shallow breathing, rapid weak pulse, seizures, loss of consciousness, dry skin (no sweating).

Older Adults and Heat Emergencies During a period of hot weather, older adults who live alone are at particular risk for heat emergencies. A [study](#) of 739 heat-related deaths in Chicago found that older adults who lived alone but made daily connections with their friends and families were much more likely to avoid a fatal heat emergency. If your area is experiencing high temperatures make sure to regularly check on neighbors and older adults to offer help to escape the heat if you can. In addition, certain medications can increase the individual's vulnerability to heat and the complications that can occur.

How Are Heat Emergencies Treated?

You can help yourself or others experiencing a heat emergency — especially the first two stages, cramping and exhaustion. If someone is experiencing these early symptoms, you should move them to a cooler area, massage the cramping muscle if able, and slowly drink cool water. In addition, loosen clothing and apply cool wet towels to face/neck/chest/and limbs. Fan the person to cool them and never offer alcohol or caffeine to someone experiencing a heat illness. ***Important things to remember if you are observing serious symptoms such as vomiting, seizures, or difficulty breathing:***

- * Call 911 or go to the emergency room
- * Don't give the person anything to drink if they're vomiting or unconscious.

So get out there and enjoy the warm temperatures, in moderation, after all, in Wisconsin, those 30 degree days come back far too soon. . .

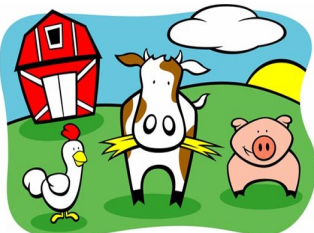
Check out the next article on page 5 for cooling centers in Waukesha County.



Meanwhile, down on the Farm

How hot is it?

the chickens are laying hard-boiled eggs
I saw a dog chasing a cat and they were both walkin'
the cows are giving evaporated milk



Keeping Cool When It's Hot, Hot, Hot

The heat and humidity is not just uncomfortable. It can be dangerous as noted on page 5. Call **911** for anyone suffering the following symptoms related to heat stroke: headache, red & dry skin without sweating, a body temperature near 103 degrees, nausea or vomiting, a rapid pulse, a declining alert status or loss of consciousness. It is July, and Waukesha County residents are encouraged to plan ahead when extreme heat is on its way.



Here are some things to think about:

Fans and air conditioners should be tested before extreme weather hits. These items often sell out quickly and take longer for stores to restock than a heat wave lasts.

Stay hydrated throughout the day and limit physical activities in the heat.

Residents who do not have access to air conditioning may seek relief in a cooling center.

Cooling Centers

Cooling centers are places to cool off and are located throughout Waukesha County, such as libraries, malls, or senior dining centers. The following is a list of cooling centers:

- ⇒ Libraries: Big Bend, Brookfield, Delafield, Alice Baker, Elm Grove, Menomonee Falls, Mukwonago, Merton, Muskego, New Berlin, Oconomowoc.
- ⇒ Fox Brook Park, Naga-Waukee Park, St Vincent De Paul Thrift Store

Wisconsin law prevents WE Energies from disconnecting occupied dwelling units when a heat advisory, heat warning, or heat emergency is in effect.

WE Energies are required to make reasonable attempts to reconnect service that has been disconnected for nonpayment when there is a potential threat to health or life that results from the combination of the heat and loss of service.

WE Energies may require that an occupant produce a licensed physician's statement or notice from a public health, social service, or law enforcement official.

Contact the Public Service Commission Consumer Affairs at 1-800-225-7729 for more information about utility services.



July Events and Celebrations in Waukesha County

Waukesha County has more to offer than just parades & fireworks during the month of July. Check out these fun events:

- ♦ **July 10 - Neil Diamond Tribute with Eric Diamond, 7:00 PM Les Paul Performance Center, Cutler Park**
- ♦ **July 14 - Mukwonago's 3rd Annual Chalk Art Festival, food, art and fun, 8:00-5:00 at Field Park**
- ♦ **July 13 & 14 - Delafield Block Party: Food and Music Festival, downtown Delafield**
- ♦ **July 18-22 -Waukesha County Fair, Waukesha County Exposition Center & Fair Grounds**
- ♦ **July 21 - Historic Baseball Game-Old World Wisconsin in Eagle, WI 1:30 PM**
- ♦ **July 27-28 - Taste of Lake Country & Fine Arts Festival– Pewaukee Lake Front**

Evidence Based Health Promotion Programs

Evidence-based prevention programs have been researched and are proven to have positive results to promote safe, healthy aging. The primary goals of Evidence-Based Prevention and Education Programs are to empower adults to adopt healthy behaviors, improve health status, and manage chronic conditions better.

All workshops meet weekly over a period of 6 –7 weeks. To ensure workshops meet the highest level standards, workshop are led by trained leaders. For a comprehensive list of Evidence-Based Prevention Programs, please check out:

www.waukeshacounty.gov/ADRCWorkshops/

Chronic Pain Self – Management

Participants gather information and practical tools to develop self-management skills, improve self-confidence and increase motivation to better manage their Chronic Pain symptoms and challenges.

Mondays, **July 30, August 6, 13, 20, 27, Sept. 10** 2018 no class 9/3 (6 weeks) 10:00a – 12:30 light snack offered

Location: ProHealth **Waukesha Memorial Hospital** 725 American Ave. Waukesha 53188

Contact: ProHealth Care class registration (262) 928-2745 or Lee at the ADRC (262) 548-7848

Cost: Complimentary. includes workbook

Class size: 10 min. - 20 maximum participants

Coffee – Tea and Talks

Every first Tuesday of the month. All Coffee Talks will run 10 – 11 am. Due to limited seating, reservations are highly suggested. Join us for complimentary coffee, tea and treats while listening to expert presentations on health related topics. There will be time for questions and answers. An Information & Assistance specialist from the ADRC will be available to assist you. The topic for July 3rd is Diabetes Prevention. Call Lee at (262) 548-7848 to reserve your spot.

Health and Human Services of Waukesha: 514 Riverview Ave., Waukesha, Room 114 (10:00 am)

Lead an Evidence Based Health Promotion Program

We are looking for caring and compassionate individuals interested in helping to educate family caregivers struggling with the challenges of caregiving. Volunteer leaders will assist caregivers to gain knowledge and skills to support and improve their situation.

The Evidence Based Health Promotion programs are now recruiting workshop leaders. As a leader, you will have the satisfaction of discovering the contents of the program, learning the key elements of caregiver support and learning group leadership and facilitation skills that you can also use in other areas of your life. Your workshop leadership will provide caregivers with the tools and resources to better manage the challenges of caregiving.



Not sure how you would know what wisdom to impart or what skills a caregiver might need? Don't worry— anyone interested in becoming a *workshop leader will attend a two-day leader training course, as well as have the on-going support of the ADRC's Health Promotion Coordinator.*

Interested? Want to learn more?

Please call us today at 262-548-7848 and ask for Lee for more information

Farmers' Market Vouchers Still Available for Waukesha County Seniors

A limited supply of Farmers' Market Vouchers are still available at the Aging & Disability Resource Center (ADRC) Office located in the Human Services Center at 514 Riverview Avenue, Waukesha, WI, Monday through Friday from 8:00 am to 4:30 pm.

This program provides seniors 60 years of age or older (Native Americans 55 years of age or older) who have a monthly income at or below 185% of the federal poverty guideline with \$25.00 worth of vouchers for fresh fruits, vegetables and herbs. Vouchers are distributed on a first-come / first-served basis and are limited to one pack of vouchers per household.

If an individual is unable to visit the ADRC, he/she may designate an authorized representative or proxy. A proxy can represent up to four (4) individuals and must provide a signed statement from the eligible senior, designating the individual as his/her authorized representative. The proxy must also have the full name, address, phone number and date of birth of the eligible senior to complete the application.

For more information on the Senior Farmers' Market voucher Program, contact the ADRC at 262-548-7848.

This institution is an equal opportunity provider.



U.S. Postal Service releases First Scratch-and-Sniff Stamps

The U.S. Postal Service will be releasing the first ever scratch-and-sniff stamps this summer. They are being issued as First-Class Mail Forever stamps which are always equal in value to the current First-Class Mail one-ounce price. These 'summer themed' stamps will feature illustrations of frosty, colorful ice pops on a stick in a variety of shapes and flavors. The booklet of 20 stamps showcase the work of Margaret Berg of Santa Monica, CA, depicting whimsical watercolor illustrations of the frozen treats. Pick up a booklet at your local Post Office.



In the spirit of summer, here are some tips to make easy, cheap and home-made ice-pops!

Ingredients:

- 1 lb of ripe, fresh or frozen fruit of your choice
- 2-4 tbsp. liquid of your choice (water, juice, milk, cream, etc.)

Instructions:

1. Combine the ingredients in a blender and blend until smooth. If you use frozen fruit, be sure to defrost it prior to blending. Adjust the thickness as desired by using more or less liquid.
2. Using a funnel, pour the mixture into reusable tubes or molds. Seal and freeze for at least 6 hours or overnight.



Try these yummy flavors/combinations!

Very Berry— blend strawberries, blueberries, and raspberries with a little water

Peachy Cream— blend peaches with a few tbsps. of cream/milk

Veggie Yum— Blend cooked carrots, spinach, or sweet potato, and a sweet fruit such as cantaloupe

Melon Madness— blend watermelon, cantaloupe, and honeydew melon (should not need liquid)



10 Ways to Love Your Brain and help reduce your risk for cognitive decline

The evidence is mounting: You can reduce your risk of cognitive decline by making key lifestyle changes. That is the conclusion of a new research summary published in *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*. With this in mind, the Alzheimer's Association® offers 10 Ways to Love Your Brain, tips that may reduce risk of cognitive decline.



1. **Break a sweat.** Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.
2. **Hit the books.** Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local community college, community center or online.
3. **Butt out.** Smoking increases risk of cognitive decline. Quitting can reduce risk to levels comparable to those who have not smoked.
4. **Follow your heart.** Risk factors for cardiovascular disease and stroke — obesity, high blood pressure and diabetes — negatively impact your cognitive health.
5. **Heads up!** Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike.
6. **Fuel up right.** Eat a balanced diet that is higher in vegetables and fruit to help reduce risk of cognitive decline.
7. **Catch some Zzz's.** Not getting enough sleep may result in problems with memory and thinking.
8. **Take care of your mental health.** Some studies link depression with cognitive decline, so seek medical treatment if you have depression, anxiety or stress.
9. **Buddy up.** Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.
10. **Stump yourself.** Challenge your mind. Build a piece of furniture or play games of strategy, like bridge.

Visit alz.org/10ways to learn more about these tips, your brain, cognitive decline, and Alzheimer's disease and other dementias.

Ask Ina



Dear Ina,

Gradually, I've been noticing that I'm having to ask people to repeat themselves or speak up when talking to me. My TV volume is as loud as it can go. My son tells me I need hearing aids. What should I do?

~Sincerely, Deci Bell

Dear Deci,

Hearing loss affects approximately 48 million Americans. About 500,000 of them are Wisconsin residents. Hearing loss can be attributed to genetics, disease, exposure to noise, medication, earwax build up, and can be the result of the natural aging process. Here's some questions that may help you determine if you have hearing loss.

1. Do you often miss phone calls or visitors because you didn't hear the doorbell or telephone ringing?
2. Do you struggle to follow conversations in crowded or noisy settings?
3. Do you feel like others mumble, talk too fast, or not speak clearly?
4. Have you stopped accepting invitations to go out socially?

You may feel that there is a stigma associated with hearing loss or that other people will judge you. It is most important that you speak with your physician about your experience. There are services and resources available to people who are deaf and hard of hearing. People with hearing loss use different methods to communicate. Hearing aids aren't your only option, but they are perhaps the most common option. Not every hearing aid works precisely for each user. Which means; the hearing aid your friend uses, may not work best for you. It's important to work with your audiologist (doctor who specializes in hearing loss).

Definitions, generally

- **Deaf** – those with profound hearing loss who cannot understand sounds with or without hearing aids
- **Hard of Hearing** – those with hearing losses that impair their understanding of sounds, including communication

Here are some resources for people who are deaf, hard of hearing, or experiencing hearing loss:

- ⇒ Office for the Deaf and Hard of Hearing– provides information and referral services including available technology for accessibility, community services and resources, and communication techniques. They provide free consultations. Contact Caroline Ludka with the Southeastern Region at 262-565-6349. Website <https://www.dhs.wisconsin.gov/odhh/index.htm>
- ⇒ TEPP (Telecommunications Equipment Purchase Program) assists people to purchase specialized equipment needed to utilize basic telephone services. TEPP requires applicants pay co-pay of \$100. Call The Public Service Commission for inquiries at 608-231-3305.
- ⇒ TAP (Telecommunication Assistance Program– may be able to provide financial assistance for those who are low-income to purchase the TEPP. Call Mason Aumanstal at 608-266-3118.
- ⇒ Benefits assistance– If you need assistance applying for benefits such as food share, housing, Medicaid, Medicare, Social Security Disability, etc, call Jennifer Koehn at 262-347-3045.

The Americans with Disabilities Act of 1990 (ADA)

In 1986, the National Council on Disability had recommended enactment of an Americans with Disabilities Act (ADA) and drafted the first version of the bill which was introduced in the House and Senate in 1988. The final version of the bill was signed into law on July 26, 1990, by President George H. W. Bush.

After nearly 30 years, this federal law continues to give civil rights protections to individuals with disabilities similar to those provided to individuals on the basis of race, color, sex, national origin, age, and religion. It guarantees equal opportunity for individuals with disabilities in public accommodations, employment, transportation, state and local government services, and telecommunications. The prohibition on disability discrimination in employment applies to most private employers and to all state and local government agencies.

For more information you can visit www.ada.gov



Benefit Specialist Corner

Transitioning from Youth to Adult Benefits

Transitioning to adult benefits can be confusing to families with children with disabilities. How does my child apply for Supplemental Security Income (SSI) benefits? When should my child apply for benefits? What if my child already receives benefits through Katie Beckett funding, another Medicaid Waiver program, or is already on SSI? What if my child never qualified for benefits before, could my child qualify now?

The quickest way to apply for Supplemental Security Income (SSI) is by completing an online application at: www.socialsecurity.gov. Additionally, your child (at age 18) may apply in person or over the phone. To schedule an appointment, call the Waukesha Social Security Office at 1-866-220-7885.

If you are appointed legal guardian by the court when your child turns 18, it is recommended that you apply in person on your child's behalf. Social Security will need to see the original guardianship papers to document that status. Applications cannot be submitted prior to the month in which your child turns 18. That's because an application processed before the 18th birthday will be considered under the children's rules and will include parental income and assets when determining eligibility.

The first month of SSI eligibility is the first full month after your child's 18th birthday. The payment for that eligible benefit is made on the first of the next month. Example: Antonio's 18th birthday is December 2. Antonio, with his parents' assistance, applied for adult SSI benefits on December 3. He is eligible for adult SSI benefits on January 1. His first check will arrive February 1 as payment for January's benefit. Children already receiving SSI benefits prior to age 18 do not need to reapply for benefits. The Social Security office has an established process to redetermine your child's eligibility with the adult rules. (It's called an Age 18 Redetermination.) Social Security will contact you when it's time to complete the process.

As your child transitions to adulthood, the most pertinent question to decide whether your child should apply for disability is: can your child independently initiate and sustain work-related activities. If your answer is no, then a disability application may be appropriate. And what needs to be conveyed in the SSI application is a "word picture" explaining why your child cannot independently initiate and sustain work-related activities. Work-related activities include physical capabilities such as standing, lifting and carrying, as well as mental capabilities such as initiating tasks, getting along with others, being able to understand directions and ask questions.

As your child transitions from a youth to an adult, the ADRC of Waukesha County is available to answer questions and provide resources. Please feel free to call us at (262) 548-7848.

Welcome to Medicare Class

The Aging and Disability Resource Center of Waukesha County hosts 'Welcome to Medicare' classes on the second Wednesday of each month either 1pm-3pm or 5:30pm -7:30pm. Topics covered will be the basic parts of Medicare (A, B, C, D) and how they work. Information will be provided on how to enroll, available insurance options, and the drug coverage requirement. Lower income benefit programs will also be reviewed. It is suggested that you attend one class 2-3 months prior to starting Medicare. The class is located at the Health and Human Services Building at 514 Riverview Avenue. To register for this free class or for more information, please contact the ADRC at 262-548-7848.

You can also register online at <http://www.waukeshacounty.gov/ElderBenefitSpecialistProgram/>



**Turning 65?
Need Medicare?**

Beneficial Berries

July is Berry Month! Keep these selection and storage tips in mind, whether you pick your own berries or buy them from a grocery store or farmers market:

	How to Select	How to Store and Use
Blackberries	Choose blackberries that are firm, plump, shiny, and dark colored. Avoid berries that are bruised or leaking and packages that contain moldy berries.	Refrigerator: DO NOT RINSE fresh berries before storing them in the fridge; the moisture will cause them to spoil faster. Store berries in a container with a lid for up to 1 week. Rinse fresh berries thoroughly just before using. Freezer: Place rinsed berries on a paper towel lined baking sheet in a single layer and freeze for 1 hour. Place in a container with a lid and freeze for up to 9 months. If baking with frozen berries, do not thaw before using.
Raspberries	Choose raspberries that are dry, firm, plump, and solid in color. Avoid moldy, wet berries or containers that are stained or leaking.	
Strawberries	Choose strawberries that are firm, plump, shiny, and brightly colored. Small berries are often more flavorful. Avoid moldy, shriveled strawberries and berries that have green spots (not fully ripe).	
Blueberries	Choose blueberries that are firm, plump, and a royal blue color with a silvery frost. Avoid packages that contain moldy berries.	

Source: University of Nebraska-Lincoln Extension- Fruit and Vegetable Buying Guides

Benefits of Berry-stained Fingers

Berries can be messy for your fingers and clothes, but believe it or not, the same pigments that stain your fingers give berries extra nutritional power! The plant pigments in berries act as antioxidants, which help fight against the development of diseases such as cancer and heart disease.

Red, blue, and purple fruits are some of the most antioxidant-rich. In fact, blueberries, blackberries, and cranberries rank highest in antioxidant activity according to USDA scientists.

FOOD WISE
Healthy choices, healthy lives.

UW Extension
Waukesha County

515 W. Moreland Blvd., Administration Center Rm G22
Waukesha WI 53188
Phone: 262-548-7877 Fax: 262-548-7787
Para más información en español comuníquese con: 262-548-7882
www.waukeshacounty.gov/uwex



Looking to Volunteer?



Meals on Wheels drivers are needed throughout Waukesha County, especially in Butler and Hartland. A hot, nutritious meal with a smile can do amazing things for a senior in need. Consider becoming a meals on wheels driver. Lunches are delivered weekdays from 11:00a-1:00p. Drivers use their own vehicle but are reimbursed for their mileage. Schedules can be flexible. Help out once a week or twice a month.

Call Karen at the ADRC at 262-548-7829 for more information.



The **ADRC Advisory Board** is in need of new members to represent its target populations of elderly and people with disabilities. The Advisory Board provides oversight to the ongoing operations of the ADRC of Waukesha County. Responsibilities include advocacy for the populations we serve, an advisory capacity to the development of plans and policies to assure state ADRC contract compliance, sharing input from consumers, service providers, and other organizations, and identifying and reporting on unmet needs in our community. Our Board meets in the Health & Human Services Building from 9:30 a.m.—11:30 a.m. on the first Thursday of every month. If you are interested in serving on the ADRC Advisory Board, please contact the ADRC Manager, Mary Smith at 262-548-7848.



WAUKESHA COUNTY SENIOR DINING CENTERS



Brookfield

782-1636— Virginia
Brookfield Community Center
2000 North Calhoun Road
Monday thru Friday at 12:00

Butler

783-5506— Pam
Hampton Regency Apartments
12999 West Hampton Avenue
Monday thru Friday at 11:45

Hartland

367-5689—Peggy
Breezewood Village Apartments
400 Sunnyslope Drive
Monday, Wednesday, Friday at 12:00

Menomonee Falls

251-3406—Diane
Menomonee Falls Community Center
W152 N8645 Margaret Road
Monday thru Friday at 12:00

Mukwonago

363-4458—
Birchrock Apartments
280 Birchrock Way
Monday thru Thursday at 12:00

Muskego

414-422-0420—Jack
Stoney Creek Adult Community
S69 W14142 Tess Corners Drive
Monday, Wednesday, Friday at 11:45

New Berlin

784-7877— Lisa
Regency Retirement Community
13750 West National Avenue
Monday thru Friday at 12:00

Oconomowoc

567-5177— Kelly
Oconomowoc Community Center
220 West Wisconsin Avenue
Monday thru Friday at 12:00

Sussex

246-6747—Nick
Sussex Civic Campus
N64 W23760 Main Street
Monday thru Friday at 12:00

Waukesha

547-8282— Lucille
La Casa Village
1431 Big Bend Road
Monday thru Friday at 12:00

Eligibility: Persons 60 years and older


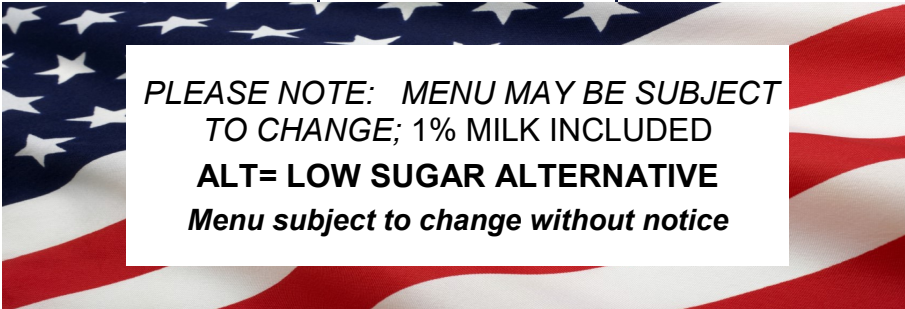
For reservations, call the dining center manager between 9:30 am- 12:00 pm, one working day in advance, or the ADRC at (262) 548-7826.

Transportation may be available by taxi or Rideline for \$1.00 each way.

Some Meals Sites offer blood pressure checks free of charge and some have foot care available for a fee. Ask your meal site coordinator what is available.

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND HOME DELIVERED MENU July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Italian Sausage Spaghetti with Whole Wheat Noodles Garlic Bread Steamed Spinach Fresh Orange Rice Krispies Treat Alt. Fruit	Celebrate America! Barbecue Chicken Quarter American Potato Salad Baked Beans Wheat Roll w/ butter Seafoam Gelatin Alt: Sugar Free Gelatin	INDEPENDENCE DAY  PROGRAM CLOSED	Beef Stew Baby Red Potatoes w/ butter Crinkle Cut Carrots Rye Bread / butter Banana Cream Pie Alt: Apple Slices	Pork Cutlet in gravy Sweet and Sour Red Cabbage Rosemary Potatoes Rye Bread w/ butter Oatmeal Raisin Cookie Alt: Fresh Fruit
9	10	11	12	13
Denver Omelet w/Cheese Sauce 2 Sausage Links Hash Brown Ketchup Melon Wedge Cinnamon Streusel Coffee Cake Alt. Fruit Cocktail	Chicken Marsala Whole Grain Pasta w/Garlic Pesto Sauce Broccoli-Cauliflower Veg Blend Italian Bread w/butter Pineapple Tidbits Pistachio Pudding Alt: Fresh Pear	BASTILLE DAYS Chicken Cordon Bleu Garlic and Chive Roasted Red Potatoes Green Bean Almandine Croissant w/ butter Orange Cardamom Cookie Alt: Sugar Free Cookie	Oven Baked Ham Au Gratin Potatoes Peas and Carrots 9-Grain Bread w/ butter Fresh Banana	Chicken Salad on Croissant with Tomato and Lettuce Waldorf Salad Creamy Cucumber Salad Cherry Pie Alt: Sugar Free cookie
16	17	18	19	20
Meatloaf w/ Onion Gravy Scalloped Potatoes Stewed Tomatoes Multi Grain Bread w/ butter Peanut Butter Cookie Alt. Orange	Crab Pasta Salad Marinated Vegetable Salad Bran Muffin/Butter Fresh Pear	FESTA ITALIANA Meat Lasagna Garlic Breadstick Seasoned Wax Beans Fresh Orange Dessert Bar Alt: Banana	Beef Macaroni Casserole Steamed Spinach Bread/Butter Seasonal Fresh Fruit Frosted Brownie Alt: Sugar Free Cookie	Turkey à la King Over Biscuit Brussels Sprouts Watermelon Baker's Choice Cookie Alt. Banana
23	24	25	26	27
Cranberry Meatballs Fried Potatoes with Green Peppers & Onions Wisconsin Vegetables 7-Grain Bread w/ butter Fruited Yogurt	Beef Stroganoff Mashed Potatoes with Gravy Dill Carrots Marble Rye Bread/ Butter Rice Pudding Alt. Sugar Free Pudding	GERMANFEST Bratwurst w/ fried onions Hot German Potato Salad Red Cabbage Sourdough bread butter German Choc Cake Alt. Sugar Free Cookie	Roasted Turkey Poultry Gravy Garlic Mashed Potatoes with Gravy Herbed Stuffing Green Sweet Peas Chef's Choice Pie Alt: Fresh Fruit	Roast Beef Mashed Sweet Potatoes w/ butter Broccoli Salad Dinner roll/Butter Fresh Melon Ice Cream Alt. Sugar Free Cookie
30	31			
Savory Beef Pot Roast Mashed Potatoes/ gravy Green Beans Mandarin Oranges Wheat Bread /butter Baker's Choice Cookie Alt. Fruit	BBQ Shredded Pork Sandwich Whole Wheat Bun Potato Rounds Country-Style Mixed Vegetables Pineapple Tidbits	 <div style="position: absolute; top: 10px; right: 10px; background: white; padding: 10px; border: 1px solid black;"> PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; 1% MILK INCLUDED ALT= LOW SUGAR ALTERNATIVE <i>Menu subject to change without notice</i> </div>		



Special Olympics

Special Olympics Celebrates 50 Years

Until the late 1960s, children and adults with intellectual disabilities were shut away from the world. They were isolated at home or in state institutions, all because no one thought they had talents or skills. That began to change on July 20, 1968, at the first Special Olympics International Summer Games in Chicago, Illinois.

Organizers of the 1968 'Chicago Special Olympics' Games aimed to do something that had never been done before. They wanted to showcase strengths and talents of children with intellectual disabilities—not their weaknesses. And they wanted to do this in as public a way as possible. Chicago had long been a pioneer in innovative programs for people with disabilities. To host these games, organizers needed crucial support. They got it; from local government, from unions, from volunteers citywide.

At these first Games—and at every Special Olympics event since—fans and families were impressed by the skills and talents of people with intellectual disabilities. In July 1968, for the first time in history, people with intellectual disabilities stood proudly on a podium and were publicly recognized for their abilities. This changed everything!

That day, a seed was planted in the hearts and minds of the athletes, families, volunteers and the public. These joyful Special Olympics Games were so successful, planning immediately began for another International Special Olympics in 1970 and every two years thereafter. Today, this inclusive movement of joy and empowerment reaches more than 5 million children and adults with intellectual disabilities in over 170 countries.

Well Water Testing Services

Safe, clean water is one of the most vital resources we have for drinking, cooking, bathing and cleaning. Municipalities regularly test the drinking water supplies to ensure they are safe. But it is the homeowner's responsibility to test their well. Waukesha County has over 40,000

private wells, but most are not tested for coliform bacteria and other contaminants on the recommended annual basis. Many of these contaminants can cause sickness in people who drink, bathe, or cook with the water.

The Waukesha County Division of Environmental Health encourages private well owners to test wells annually or after modifying them in any way. Wells should also be tested when any change in taste, odor or appearance is noticed. You will need a water sample kit that includes a sterile bottle, detailed instructions for collecting the sample and a lab reporting slip. Our state-certified laboratory can analyze your water sample for bacteriological contamination and/or one or more chemical tests including nitrate, fluoride, hardness, chloride and iron. Private laboratories also provide these services.

Owner Collected Water Sample (Per Test)

- Bacteriological Test - \$25
- Chemicals (Nitrate, Fluoride, Hardness, Chloride, Iron) - \$10 per each additional chemical test

You can obtain a water sample kit for the tests you select from the options below:

- Order by phone using a Visa/MasterCard or American Express by calling (262) 896-8300 or (800) 567-2366 (a \$3 handling fee will be applied to the total cost of the analyses you select)
- Order online at <http://waukeshacounty.maxgalaxy.net/BrowsePackages.aspx>
- Mail a check payable to "Waukesha County" for the fee total plus \$3 for handling to:
Environmental Health Division
515 W. Moreland Boulevard, Room AC 260
Waukesha WI, 53188
- Pick up your kit(s) Monday through Friday, 8 a.m. to 4:30 p.m. at the same address.



Waukesha County
Parks and Land Use
Environmental Health

SUMMER SUDOKU



Have fun solving these summer puzzlers!

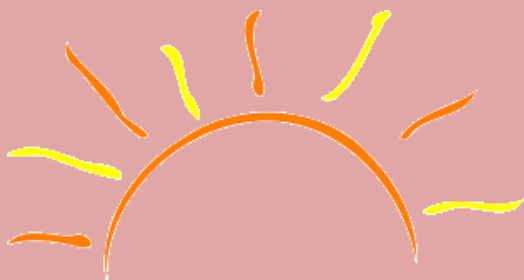
		H	
	E		
		A	
	T		

Every row, column, and mini-grid must contain the letters:

H, E, A, T

Every row, column, and mini-grid must contain the letters:

T, R, A, V, E, L



A	L			E	R
		T	A		
		R	E		
R	E			V	T

ADRC of Waukesha County
Human Services Center
514 Riverview Avenue
Waukesha, WI 53188

If you would like to be added to
or removed from this mailing, or if
you would like to receive our
Newsletter electronically, please
call the ADRC at (262) 548-7848

ADRC Advisory Board

Christine Howard, Chair

Judie Berthelsen

Patricia Carriveau

Maria Cizel

Carla Friedrich

Sandie Heberling

Paulette LaMountain

Elaine Ludka

Susan Schweda

ADRC Leadership Staff

Mary Smith, Manager

Lisa Bittman, Coordinator

Sally DuPont, Supervisor

Mikie Blask, Supervisor

Mike Glasgow, Supervisor

Laurie Kohler, Supervisor

Shirley Peterson, Supervisor

Jan Sanchez, Supervisor